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FORD SCANDAL WIDENS

A woman, identified as Madina Gasla by relatives, is led out by police into a cruiser on Thursday during a massive early-morning raid — dubbed Project Traveller — on an apartment block in west-end Toronto. The guns and drugs sweep, which saw dozens of officers execute 39 search warrants in Toronto, Windsor, Ont., and Edmonton, was the latest dramatic link to Toronto Mayor Rob Ford and ongoing crack-cocaine allegations. Story, page 10. STEVE RUSSELL/TORSTAR NEWS SERVICE

Two killed in North Battleford float plane crash

Fiery impact. TSB investigators headed to site where small plane carrying father and son went down shortly after takeoff

The Transportation Safety Board says a small float plane that crashed in west-central Saskatchewan burst into flames after hitting the ground.

"There was a Piper PA-14 — that's a two-seat single-engine aircraft with floats on it — that departed a lake near the North Battleford airport and crashed shortly after takeoff," board spokesman Chris Krepski said Thursday.

"There were two people aboard, and the aircraft was destroyed in a post-impact fire."

The RCMP confirm Shane Buchanan, 40, and his father, Charles Buchanan, 63, from Whitehorse, died.

RCMP officers walk near the site of a deadly plane crash in North Battleford on Thursday.
CJNB, HANDOUT/THE CANADIAN PRESS

Shane Buchanan owned and operated a big-game hunting company called Moon Lake Outfitters Ltd. Its website identified him as a float-plane pilot.

Sgt. Kurt Grabinsky said the plane was on its way to Calling Lake, Alta.

The plane was briefly airborne and then crashed on the grass near the runway.

Grabinsky said the fire was put out within 10 minutes.

He said there was a light wind and it had just starting raining.

The Transportation Safety Board said investigators from Winnipeg will head to the crash site on Friday.

"We have an agreement with the coroner of Saskatchewan that even if we don't investigate, we will look at the occurrence, assess it and provide factual details to the coroner," explained Peter Hildebrand of the safety board.

"Depending on what we find at the site, there may or may not be a full public report as a result of this."

City officials say the Cameron McIntosh Airport has been shut down and they are asking people to stay away.

CJNB, CJWW, CJME, THE CANADIAN PRESS

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Regina Water Watch petition stays course in final stretch

Privatization. Coalition still needs 2,000 more signatures by Thursday to trigger referendum

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

A petition against privatizing part of Regina's wastewater system is only one week and approximately 2,000 signatures away from meeting its goal.

The community coalition Regina Water Watch has until June 20 to hand approximately 20,000 signatures of citizens — amounting to about 10 per cent of Regina's population — to city hall in order to trigger a referendum on a public-private partnership (P3) funding model for a new wastewater treatment plant.

"We have a very high threshold," said Jim Holmes, spokesman for Regina Water Watch, on Thursday.

"We are not there yet, but we are certainly on track to be there by our deadline."

If they reach their target number of signatures by next Thursday and a city clerk accepts the signatures as valid, they will bring about the first referendum in Regina in more than 10 years.

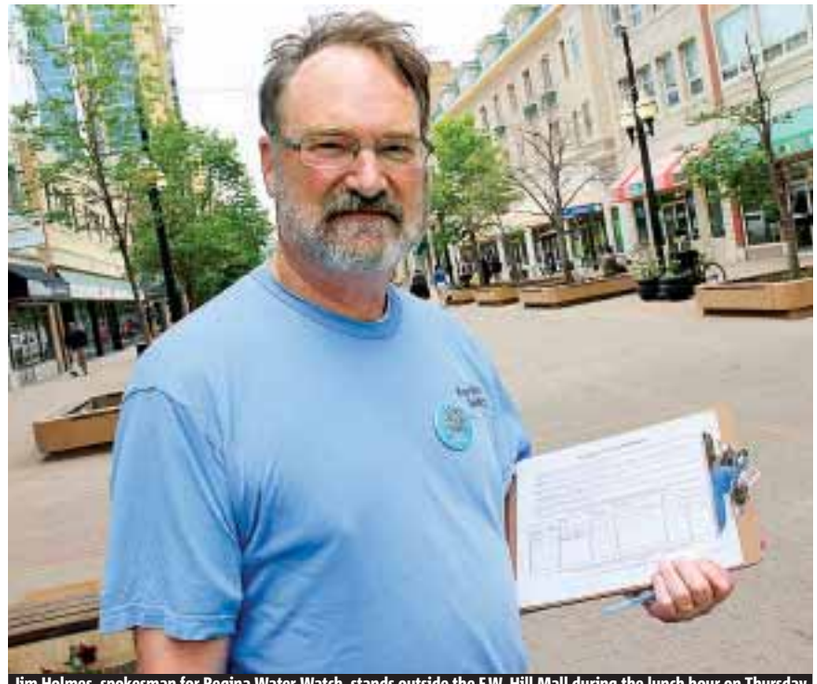
Regina Water Watch has been canvassing since March 22, hitting up spring festivals and making itself known in the community through TV ads, T-shirts and water bottles.

The City of Regina seems to be fighting back and trying to further educate the public on why council has chosen the P3 model.

On Wednesday, the city issued a release titled, "Wastewater Treatment Plant P3 is the best option," but Mayor Michael Fougere says it was not related to the petition.

With the petition about 90 per cent complete, Holmes said the volunteers will be hitting the pavement hard.

"We have found out if you go out for an hour, we can get about 25 signatures," he said. "So you can do the math."



Jim Holmes, spokesman for Regina Water Watch, stands outside the F.W. Hill Mall during the lunch hour on Thursday in hopes of getting more signatures. ALYSSA MCDONALD/METRO

Police hunting for clothes-minded arsonist

A Dollarama in the Cornwall Centre was the site of a suspected arson on Wednesday. ALYSSA MCDONALD/METRO

Police are looking for an arsonist after a fire was set in a downtown Regina store during its business hours.

The blaze occurred on Wednesday evening when someone ignited clothing on racks at the Dollarama outlet in the Cornwall Centre mall.

"There's no video surveillance right in the store, but there are some surrounding businesses," Regina Police Staff Sgt. Evan Bray said on Thursday, noting that cameras at the nearby Casino Regina might help.

"The casino across the street has some good surveillance video. Our investigators are reviewing that and seeing if they can come up with some suspects."

The fire started shortly before 7:30 p.m., causing a few thousand dollars in damage, mostly to merchandise. No one was injured.

"They attempted to start the fire in a couple of locations — in one aisle it was not successful, and in another aisle that had some clothing," Bray said.

"Once that started, it burst into flames and activated the store's sprinkler system."

The emergency sprinklers doused the flames before city firefighters arrived, though the store on the mall's lower level was evacuated as a precaution.

The store was closed on Thursday morning, though Bray said the shutdown wasn't expected to last long.

ROSS ROMANIUK/METRO

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Fans pick season power players

With the Saskatchewan Roughriders kicking off their CFL preseason against the Edmonton Eskimos on Friday night, Metro hit the streets to get fans' opinions on which players will rise to the occasion this year.

ALYSSA MCDONALD AND
MORGAN MODJESKI
regina@metronews.ca

"I'm really hoping that it's going to be Darian Durant, we just really need him … I went to a couple of games last year and he just wasn't throwing the ball good, nobody was getting their passes."
—Daniele McDonald, 22, legal assistant, Saskatoon

"John Chick because he was the defensive player of the year a couple of years ago. He's returning from the NFL and I think he will be a great asset to the Riders with his NFL experience. That veteran experience is good to have."
—Tiffany Fossum, 28, registered nurse, Regina

"I think Rey Williams is coming back to a good situation. I don't think he was in a good situation in Hamilton and I think he's been missing the Rider pride. He's still got lots left in the tank and I think he wants to prove to everybody that the defensive issues in Hamilton weren't attributable to him."
— Ronald Rawlyk, 40, drafting contractor, Saskatoon

"John Chick has been performing really well in the spring training camp.... I think that he is going to be one of those players like he was before he left, and he's got something to prove now that he has come back here. They have been missing something and I think it's been him."
— Lindsey Longstaff, 29, communications, Regina

"It's about time Durant did it. I think he had a little bit of a poor season last year and we're looking forward to this year being a much more productive season for him. He has pretty good receivers this year and the defensive line looks good, so good things are coming."
— Nasser Malik, 43, engineer, Saskatoon

"I think Anderson needs to step up because in recent years they haven't had a solid defensive secondary line — a lot of passing yards given up and (also) some big plays. He's a big pick-up."
— Will McGee, 19, Regina Downtown employee, Regina

Wallin blames problems on paperwork

Sen. Pamela Wallin says the Prime Minister's Office gave her an ultimatum last month — resign from the Conservative caucus within one hour or she would be fired.

Wallin gave an interview to the CBC on Thursday night to give her side of the story on questionable expense claims that have dogged her for months. She says the prime minister's new chief of staff, Ray Novak, and the Tory Senate leadership told her she was not "representative of the views" they wanted to have in public and she had to go.

Wallin has kept a low public profile while awaiting the results of an independent audit into her expenses, but says she decided to give her side of the story because the audit has been delayed.

Wallin, who now sits as an Independent in the Senate, has paid back $38,000 in expenses and says she may have to repay more.

She blames the issue on failing to properly deal with the paperwork to submit expenses.

"There's a lot of paperwork ... Sort of more paperwork than is humanly possible to keep on top of. So I made mistakes," she told CBC's the National.

THE CANADIAN PRESS

Racking it up

Wallin's travel expenses from Sept. 2010 to Nov. 30, 2012, showed she had claimed $29,423 in what's deemed regular travel to and from her home province of Saskatchewan, while racking up another $321,000 in other travel.

Motive: Case of beer

Man gets 7.5 years for serious assault

A man has been sentenced to seven and a half years in prison for a brutal and unprovoked assault over a case of beer.

Wayne Kroetsch and his girlfriend were walking down a street in Nipawin, Sask., carrying the beer on Sept. 1, 2012, when they were approached by two men. Both kicked him repeatedly in the head and the torso before fleeing with the beer.

Kroetsch was airlifted to Royal University Hospital in Saskatoon where he was in a drug-induced coma for a month. Court was told he suffered broken ribs, a punctured lung, a damaged pancreas and liver, a brain injury and vision problems. THE CANADIAN PRESS/GLOBAL SASKATOON

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JazzFest Regina is hitting the streets downtown this weekend, playing free gigs at City Square Plaza, F.W. Hill Mall and Cornwall Centre. Musicians are also playing across the city during the festival, including at smaller clubs and at a mainstage venue at the Ramada Plaza Regina.

ALYSSA MCDONALD
alyssa@mcdonald@metronews.ca

1

Rhythm Regina

1 A note on JazzFest. Kicking off this weekend at venues across Regina

The Davis, Kleisinger, Pittet Trio will also play at La Bodega on Saturday night as part of JazzFest.

2

2 One key to event is timing. Beat began Thursday to kickoff festival

Shoppers at Cornwall Centre were able to take in some jazz music during the Thursday lunch hour.

3

3 Listen up. Solo acts take the stage at JazzFest

A bassist gets into the music as part of JazzFest Regina on the Cornwall Centre stage.

4 Sound check. Guitar hero

A guitarist performs on stage at City Square Plaza for JazzFest.

4

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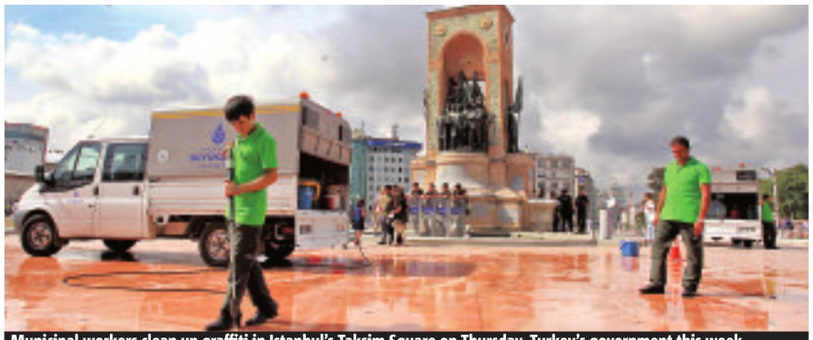

Municipal workers clean up graffiti in Istanbul's Taksim Square on Thursday. Turkey's government this week proposed a referendum on a development project in Istanbul that triggered demonstrations that have become the biggest challenge to Prime Minister Recep Tayyip Erdogan's tenure. THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

Turkish PM demands an end to occupation of park

Protest. But Erdogan agrees to meet with protesters in a sign he might negotiate

Turkey's prime minister issued a "final warning" to protesters on Thursday, demanding they end their occupation of a park next to Istanbul's Taksim Square that has ignited the largest political crisis of his 10-year rule.

Despite the ultimatum by Prime Minister Recep Tayyip Erdogan, thousands of activists camping out in Gezi Park dug in for a potential culmination of their two-week standoff with authorities.

A violent police crackdown May 31 on a small sit-in to protect trees in Gezi Park sparked the protests that spread to dozens of cities. THE ASSOCIATED PRESS

Peace over violence?

- Erdogan was to meet late Thursday night with representatives of the protesters, including Taksim Solidarity. But that group does not speak for the thousands of protesters camping out in the park, so even if a deal is reached the sit-in may not end.

Czech Republic

Cops raid PM's office building, arrest senior aide

The anti-organized crime unit in the Czech Republic has carried out raids at the Office of the Government, where Prime Minister Petr Necas is based, and at the Defence Ministry and other places across the country, police said on Thursday.

In comments to journalists, Necas confirmed that Jana Nagyova, the director of his office, was among those arrested. He said he would stand by her.

"At the moment, I have no information that would prove any criminal activity of my collaborators," Necas said.

Police spokesman Pavel Hantak declined to identify any of those arrested.

Necas called on the police and prosecutors to "immediately give reasons for such a massive action."

The Social Democrats, the main opposition party, called for Necas to resign. THE ASSOCIATED PRESS

Russia. Putin considers dispute with U.S. over manuscripts to be done

Russian President Vladimir Putin says he considers a dispute with the United States over an archive of Jewish manuscripts to be a dead issue.

A U.S. judge in January ordered that Russia pay $50,000 a day until it turns over the so-called Schneerson Collection of books and documents to Chabad Lubavitch, a Hasidic movement headquartered in Brooklyn, N.Y.

But Russia claims the collection is state property. On Thursday, Putin said he considers "the question of the Schneerson library to be closed." THE ASSOCIATED PRESS

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A U.S. judge in January ordered that Russia pay $50,000 a day until it turns over the so-called Schneerson Collection.

Russian President Vladimir Putin visits the library of the Schneerson family in the Jewish Museum in Moscow, Thursday. The collection is the focus of a dispute between Moscow and Washington. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

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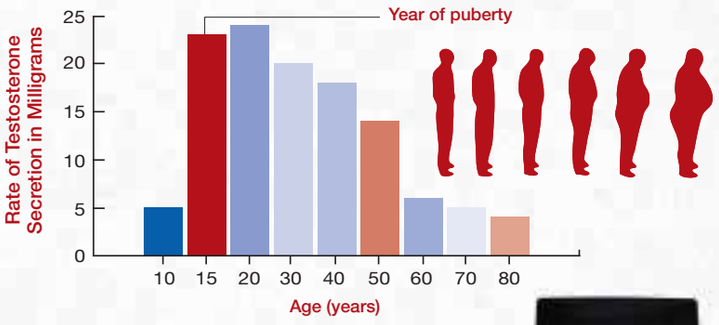

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Questions raised over Alberta spill

Big impact. First Nations community concerned over effect on environment

A First Nation wants answers from a Texas-based oil company after a pipeline spilled 9.5 million litres of industrial waste water in northern Alberta.

Dene Tha' leaders are to meet Monday with Apache Canada Ltd. officials in the remote community of Assumption. Sidney Chambaud, a band councillor, said they want more information about what happened and what the company is going to do about it.

Big spill

- The spill covered 42 hectares of land.
- One spill last June near Sundre fouled the Red Deer River after about 475,000 litres of oil spilled.

"There are wildlife impacts and water and land impacts," Chambaud said in an interview Thursday.

"Right now within that area the trees, the vegetation and the soil are dead. The water is contaminated."

The Energy Resources Conservation Board has said the spill of water containing salt, oil and minerals was first reported on June 1, but the board didn't learn about its size until Tuesday.

Chambaud said the 42-hectare spill is so large it raises questions about how long the pipeline that carries water used in oil and natural-gas operations had been leaking.

He said some band members believe the pipeline had been leaking since the winter, but no one noticed it until earlier this month.

"There are indications that the spill occurred earlier, during the winter season, but due to ice and snow it wasn't discovered."

THE CANADIAN PRESS

Deadly blast shakes Louisiana

A ground-rattling explosion Thursday at a chemical plant in Louisiana ignited a blaze that killed at least one person and injured dozens of others, authorities said. Louisiana's health department said 73 people were treated at hospitals for injuries ranging from minor to critical following the Thursday morning explosion. State police Capt. Doug Cain said a body was found by hazardous materials crews going through the aftermath of the blast at the facility owned by The Williams Companies Inc., based in Tulsa, Okla. RYAN MEADOR/THE ASSOCIATED PRESS

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Report: Police probed Rob Ford video weeks before story broke

Project Traveller. Toronto's police chief refuses to rule out possibility evidence collected in raid related to mayor

Toronto police using surveillance techniques were "investigating the existence" of an alleged crack-cocaine video linked to Mayor Rob Ford several weeks before the story first surfaced, CTV News reported Thursday in the wake of a massive, multi-city drugs-and-guns sweep by police.

The broadcaster quoted a "highly placed source" as confirming that "persons of interest discussed that video in detail, and referred to the mayor's alleged presence in the video."

The disclosure came as Toronto Police Chief Bill Blair announced 43 people had been arrested, 40 firearms seized and $3 million of drugs confiscated in early-morning raids concentrated on a Dixon Road complex, a cluster of apartment towers considered to be ground zero for the Ford video scandal.

Nineteen people in Toronto and nine in Windsor, Ont., were charged as part of a yearlong police and border-security investigation code-named Project Traveller, Blair said at a noon news conference.

He declined to answer any questions about Ford's connection to the evidence, what evidence was seized, how it was obtained or about a Rexdale home involved in the raids where a man photographed with Ford lived.

"The only place for the legal disclosure is in a court of law," he said. "All of the evidence has been secured and it will come out in court where it belongs. We will not jeopardize this case."

The Rexdale home of Muhammad Khattak, one of the young men pictured with Ford outside a suspected crack house, was part of the raids.

TORSTAR NEWS SERVICE

A man is arrested after a police raid in Toronto Thursday morning. LUCAS OLENIUK/TORSTAR NEWS SERVICE

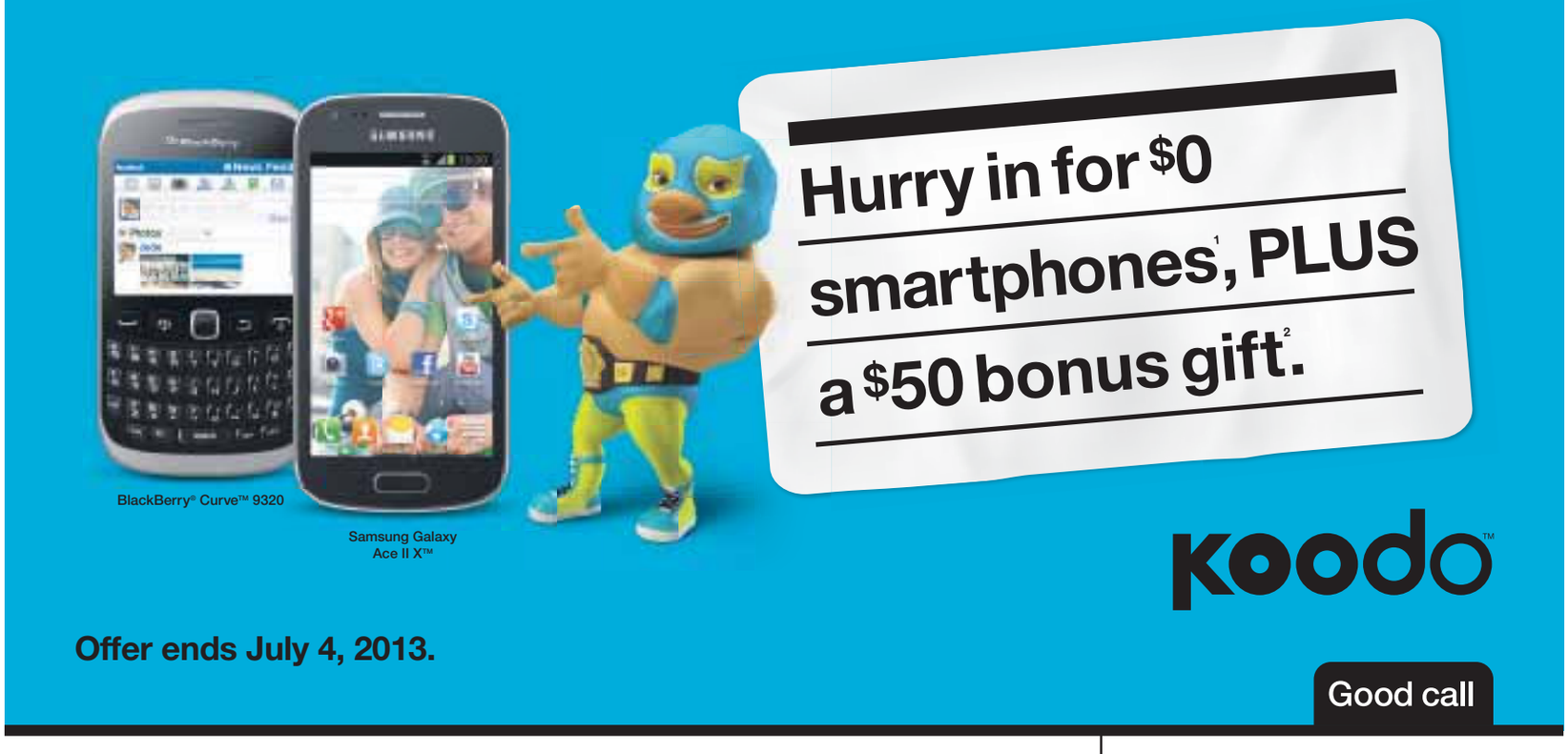
Police carry bags of goods seized from the house of Muhammed Khattak, one of three people seen in a famous photograph with Toronto Mayor Rob Ford, outside of 15 Windsor Rd. in Toronto. RICK MADONIK/TORSTAR NEWS SERVICE

Early-morning raids

'Complex' sweep extends to Edmonton

"Project Traveller is a very complex investigation" involving a gang called the Dixon City Bloods or Dixon Goonies, Toronto Deputy Police Chief Mark Saunders said Thursday. Their network extended to Edmonton and had operated since 2006, he said.

Edmonton police confirmed that officers executed search warrants Thursday, but would not say where or if anyone was arrested. TORSTAR NEWS SERVICE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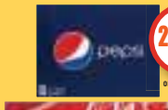

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VIA Rail says if its customer service and other employees go on strike this week, management will continue to offer basic railway services. ADRIAN WYLD/THE CANADIAN PRESS

Strike could stop VIA Rail in its tracks

Latest proposal. VIA Rail is offering wage increases in addition to higher pension contributions

The union representing some workers at VIA Rail said the company's offer on the table Thursday would reduce wages, rather than increase them, once higher pension contributions are considered, and it said it was doubtful an agreement could be reached in time to avert a strike.

"What the company wants to do is increase employees' pension contributions substantially over the next three years," said Bob Orr, assistant to the president of the Canadian Auto Workers Union.

The union represents about 2,000 of VIA's customer-service employees, as well as on-board service and maintenance workers at the railway company.

Orr's comments came only hours before Friday's 12:01 a.m. strike deadline.

VIA Rail presented its latest proposal on Wednesday, offering wage increases of two per cent every year for three years.

THE CANADIAN PRESS

Defence

MacKay issued secret directives to eavesdropping agency

Defence Minister Peter MacKay quietly issued new instructions to Canada's electronic eavesdropping agency that detail how and when it can help CSIS and the RCMP investigate Canadians, records show.

Briefing notes obtained under the Access to Information Act say the directive to the Ottawa-based Communications Security Establishment was one of seven such ministerial instructions issued in 2011.

The CSE monitors foreign computer, satellite, radio and telephone traffic to zero in on threats to Canada and gather intelligence. It is not supposed to direct its activities at Canadians. However, the agency can provide assistance to the Mounties and CSIS, Canada's domestic spy service.

THE CANADIAN PRESS

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Firms can't patent isolated human genes, U.S. Supreme Court rules

Washington. Decision covers breast-cancer test brought into public eye by Angelina Jolie's double mastectomy

The U.S. Supreme Court has ruled companies cannot patent parts of naturally-occurring human genes, a decision with the potential to profoundly affect the emerging and lucrative medical and biotechnology industries.

The high court's unanimous judgment reverses three decades of patent awards by government officials. It throws out patents held by Salt Lake City-based Myriad Genetics Inc. on an increasingly popular breast cancer test brought into the public eye recently by actress Angelina Jolie's revelation that she had a double mastectomy because of one of the genes involved in this case.

Justice Clarence Thomas, who wrote the court's decision, said that Myriad's assertion — that the DNA it isolated from the body for its proprietary breast and ovarian cancer tests were patentable — had to be dismissed because it violates patent rules. The court has said that laws of nature, natural phenomena and abstract ideas are not patentable. THE ASSOCIATED PRESS

BRACAnalysis test

- Myriad Genetics has used its patent to come up with its BRACAnalysis test, which looks for mutations on the breast cancer predisposition gene, or BRCA. Those mutations are associated with much greater risks of breast and ovarian cancer.
- Angelina Jolie revealed last month that her mother died of ovarian cancer and that her maternal grandmother also had the disease.
- She said she carries a defective BRCA1 gene that puts her at high risk of developing breast and ovarian cancers, and her doctor said that the test that turned up the faulty gene link led Jolie to have both of her healthy breasts removed to try to avoid the same fate.

T. rex burger is now extinct

A fast-food restaurant in Manitoba has backtracked on its offer to make customers a burger fit for Fred Flintstone. Barb Barker, an administrative assistant for the Wendy's outlet in Brandon, said they have stopped selling their T. rex burger, consisting of nine quarter-pound patties held together by nine pieces of processed cheese and a flimsy bun. "For obvious reasons, Wendy's of Brandon neither condones nor promotes the idea of anyone consuming a nine-patty hamburger in one sitting," said Barker. REDDIT/THE CANADIAN PRESS

Market Minute

DOLLAR 98.37¢ (+0.45¢)

TSX 12,277.13 (+167.24)

OIL $96.69 US (+81¢)

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YOU HAVE TO BE KIDNEY-ING ME

THE METRO LIST
Neil Morton
metronews.ca

1 WWDC. Apple unveiled its latest products at the 2013 Worldwide Developers Conference (WWDC) in San Francisco this week. The best line of the conference came from Apple marketing exec Phil Schiller. After unveiling the radically redesigned Mac Pro, he said, "Can't innovate anymore, my a--." Great mantra.

2 @HillaryClinton. The former secretary of state unlocked her Twitter account this week, and her Twitter bio lists herself, among other things, as "hair icon," "pantsuit aficionado," "glass ceiling cracker" and "TBD." Now most have a sneaking suspicion that "TBD" means a 2016 presidential bid? In due time, she'll probably make it official. With a tweet.

3 Facebook #hashtags. Now that Facebook has begun to roll out clickable, searchable hashtags (à la Twitter and Instagram) to help users better find content on the social platform, it somehow feels that hashtags have hit their tipping point. #Soon, #we'll #be #using #them #in #every #sentence #we #write. #And #in #everyday #conversation.

4 Covet Garden. This indie Canadian online decor magazine is using the crowd-funding site Indiegogo to help raise money to do a special print issue, Covet Garden Home. Their goal is $18K, and they've raised about $14K with three weeks left in the campaign. Ingenuity is the key in this economy for startups, and this is another great example of using social media to make a dream happen. Now.

5 Twerking. This latest dancing craze (Harlem Shake is so last month) got another huge shake this week when Miley Cyrus (rumoured new Justin Bieber squeeze) wiggled her hips and butt in the bouncy, up and down motion on stage at Juicy J concert. I would twerk for you, but it would totally ruin your day — and this latest online meme sensation.

6 Nadal's dramatic win. Rafael Nadal won a record-setting eighth French Open title Sunday. The only thing that almost prevented him from winning wasn't his opponent David Ferrer, but a shirtless protester with a white mask holding a lighted flare who jumped out of the stands and interrupted the match. Nadal was briefly rattled but went on to win in straight sets.

7 Real Housewives of Vancouver. The first Canadian version of the hit American franchise made it through two seasons, but won't have a third as Slice Canada has put it on hiatus. One of the problems might have been that the super-rich wives weren't superficial or plastic or vapid enough for viewers compared to their American ilk. Which is saying a lot.

8 Taylor Swift. The teeny-bopper sensation is in Toronto Friday and Saturday to begin the Canadian leg of the Red Tour, before heading west for Winnipeg, Edmonton and Vancouver. Now my wife and daughters will be hitting one of the T.O. shows, but I couldn't bear the thought of singing along to We Are Never Ever Getting Back Together with thousands of tweens.

9 Craigslist. It's known for local classifieds and jobs ads, but sometimes gets wackier. Like this week when a 23-year-old man from Cobourg, Ont., advertised his kidney there. "You can have the left or right, they both work perfectly. I'm in shape and quit smoking a year ago. I'm being more than serious about this, asking $20,000... THIS IS 100% SERIOUS !!!" Enough said.

10 Fired over Skype. The Edmonton Oilers announced Dallas Eakins as their new head coach this week (great hire), but handled the firing of their former coach in a rather odd way. While vacationing in Switzerland, Ralph Krueger was sacked over Skype by GM Craig MacTavish. At least it wasn't by a Facebook wall post.

11 Bowie. The Art Gallery of Ontario made the epic announcement that the exhibition David Bowie will arrive there this fall straight from London's Victoria and Albert Museum. It includes the icon's original stage costumes, instruments, album art, handwritten set lists and lyrics, and more. I already have the opening day, Sept. 25, marked on my calendar.

12 The Purge. This low-budget horror film — it cost about $3 million to make — starring Ethan Hawke, demolished everything else at the box office, taking in $36.4 million. Most of it was filmed in a house. I have a great idea for an indie horror to be shot in the outhouse at my in-laws cottage. All I need is $1.5 million, a camera, a flashlight, a bear and some toilet paper.

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ZOOM

Nature's synchronized swimming

MARK VAN COLLER/SOLENT

Impromptu diving show impresses

These dolphins are showing off a new cross-discipline sport: Surfing-meets-synchronized diving.

The pod of 30 bottlenose dolphins were spotted jumping out of the back of breaking waves that rolled into the coast. Photographer Mark van Coller took the shot on the east coast of South Africa, near Port St. Johns. METRO

Q and A

Surf's up, dolphins

MARK VAN COLLER

How did you capture this?
It was sardine season on the east coast, so many predatory marine animals were in the region hunting. Myself and five others took a boat out to witness the animals in motion.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Since we're halfway through the year, many of you have likely abandoned those pesky New Year's resolutions. Was one of them to learn a new language? Give it another shot with an assist from these three.

Beginners' Chinese

You don't need to be an Economist subscriber to know that understanding Chinese could be helpful down the road. This iTunes podcast eases you into Mandarin with standard classroom fare like greetings, introductions and restaurant ordering.

ESL Pod

Canada is a nation enriched by immigration, and those arriving here with a very basic grasp of English would be very well-served by the wide variety of language and cultural lessons available here. (eslpod.com)

American Sign Language

Get animated with a full slate of lessons that will equip you with the gestures required to speak to the hearing-impaired. This is likely the one language we've all wished to learn at some point. (lifeprint.com/asl101)

Twitter

@metropicks asked: Metro writer @John_Mazerolle has new Heritage Minute ideas. What parts of our history merit airtime?

@ZedSprinkles: This news is 8 months old (but still funny)

@YOWdog: Royal Proclamation of 1763

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Synopsis

The story begins on Krypton, as all good Superman origin stories must. To save his son Kal-El from perishing on the doomed planet, Jor-El (Russell Crowe) rockets him off to a safe haven — Earth. There he is raised by Ma and Pa Kent, (Diane Lane and Kevin Costner), humble farmers who raise Clark Kent (Henry Cavill) as their own and keep his alien heritage a secret, but his extraordinary powers are exposed when a snoopy reporter (Amy Adams) digs into his life and the last surviving Kryptonians, led by General Zod (Michael Shannon) try and invade the planet.

- Richard: ●●●○○
- Mark: ●●○○○

Henry Cavill is sufficiently square-jawed and blue-eyed to play Superman, but Amy Adams lacks the pluck of Lois Lane. HANDOUT

SCENE

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Up, up and ... it's OK

Man of Steel.

Superman origin story has too much bang and not enough phone booths

Richard: Mark, Man of Steel plays kind of like a Nirvana song. It starts off quiet, then gets loud, then quiet again and then REALLY loud. Thing is Nirvana songs were usually under four minutes and this movie clocks in at well over two hours. Much of it is entertaining, but I have to say my eyeballs felt scorched after the protracted blow-'em-up scene that eats up much of the last 45 minutes of the movie. It's all crash-boom-bang and not nearly as interesting as the stuff that preceded it.

Mark: Richard, I always liked the Superman movies — even the bad ones — for their charm. Although there's some good scenes toward the beginning of the movie, it becomes bombastic and self-righteous; way too serious for its own good. That 45-minute scene you're referring to made me long for headphones with Enya songs playing on a long loop. And I know it's an origin movie, but I longed for the comic contrast between Superman and his journalist alter ego Clark Kent, which is mostly missing from the movie. Then again, we no longer have phone booths. Any of the actors appeal to you, Richard?

RC: I thought Cavill was suitably square-jawed and blue-eyed enough to play the icon lead character and Michael Shannon brought the crazy (as usual for him) to Zod, but I was let down by two other leads. Russell Crowe was fine, although I couldn't help but imagine Ralph Fiennes really eating up the role of Jor-El. Finally, I'm not sure Amy Adams is plucky enough to play Lois Lane.

MB: Cavill was square — I mean — square-jawed, wasn't he? Crowe was fine, but somehow Kevin Costner got to me in a very sentimental turn as Clark's dad. As for Michael Shannon, I can only assume he was forced to overact at gunpoint, with lines like "Unleash the world machine!!!!" For a movie that cost a few hundred million dollars, it was often close to a Flash Gordon serial at times.

RC: I think I wanted more Flash Gordon and less of what was on the screen in front of me. It's an entertaining movie for much of its running time, but the word overkill comes to mind. I feel like less — shorter running time, fewer explosions, not as many fights — would have been more.

MB: And did you notice that so many of the action scenes had the same basic gimmick — concrete being torn up over and over again? And I had to laugh when the entire city of Metropolis is collapsing under alien attack and there are scenes of people just staring at the buildings falling around them. If I see one brick on the ground, I'm outta there!

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How to be a superhero

Preparation. No need for a brain to be all brawn

Bruce Banner (The Hulk) is an ingenious scientist, Peter Parker (Spider-Man) is a whiz kid at school — even billionaire playboy Tony Stark (Iron Man) is a brilliant engineer. So to be a superhero you need to be a genius or have a PhD, right? Wrong. "Captain America wasn't a PhD. Most of the X-Men didn't have great educations particularly," says Marvel man Stan Lee, creator of all of the above.

THE HULK

Background. The past is passé

Some of our favourite superheroes brood over their dark past — Bruce Wayne (Batman) witnessed his parents' murder as a child, and Wolverine was a guinea pig in a secret government experiment that's mentally scarred him. Painful origins do make for an alluring character — so, would you embellish your own personal history to make your superhero stand out? "My advice would be forget the past," Lee says. "Think of the future, and think of all the good you can do with your superpower."

WOLVERINE

Name. Be original, somehow

He's been writing comic books for more than 70 years, has conjured up some 350 superheroes and villains, like Doctor Strange, but Lee still admits "coming up with a name is the most difficult part in creating a superhero. ... When I come up with a new character, I'll come up with a name that I think is great, and then I Google it and I'll see 500 names just like that for other characters," he says.

DOCTOR STRANGE

DAREDEVIL

Traits. It's all down to Lady Luck

"The one attribute that everybody would want to have is luck," says Lee. "If you're a superhero and you're chasing a bad guy, you'll chase him because you're lucky. If he'll shoot at you, he'll miss because you're lucky," he says. (Daredevil, blind but heroic, comes to mind.) "Think of it as a beautiful woman, a spectral form of a ghost — she's not real, but every time she puts her arms around you, you become lucky."

Finishing touches. An apt outfit ... and a fantastic catchphrase

Choosing the right costume depends on what superpower you possess, Lee reveals. "If you're going to be moving around a lot, something tight is the best. If your power is mental, you don't need a tight costume." And forget a histrionic, husky voice à la Batman. "The phrases a hero says are the things your audience will remember — if they're good."

ANTHONY JOHNSTON, MWN

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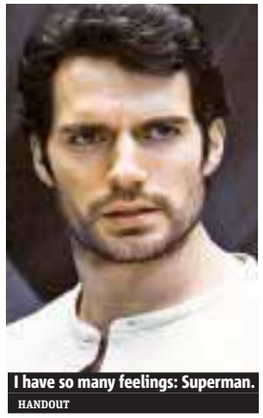
Superheroes gone soft?

Chris Hardwick, creator of the Nerdist podcast and YouTube channel, explains to us why Superman has to be more human nowadays

"We've definitely become more of a culture of wanting to identify with characters rather than wanting to see characters that we couldn't be. It's not just movies and superheroes. When you look at protagonists in television, they're kind of crappy people. There's Don Draper or Dexter or Walter White. They're not good or bad — they're muddy.

What you see coming out now — after the era of '90s superhero movies — is sort of like the transition between glam rock and grunge, where you have the square-jawed heroes being phased out. They're kind of one-dimensional, there's not really much of an arc, they're just there to facilitate all of the action and just sort of be the opposing force to evil. But now people want to see more humanity, and I honestly think that has a lot to do with the Internet. The way we interact with the Internet, the way that we're all in each other's business with YouTube and



I have so many feelings: Superman.
HANDOUT

blogs, we're just used to seeing humans, and that's what we're identifying with, seeing other humans. People are bored by the one-dimensional, 'Oh, he can do anything' hero because what's at stake then? What are they battling? We've seen so much of it up to this point that the one place that superheroes hadn't really gone, at least in film yet, is inward.

What works in Man of Steel is just the idea of taking the heroes off the pedestal and going, 'They're still … if not humans, then creatures. Creatures with struggles.' Because that's what people get wrapped up in, story and struggle and not just, 'Oh look, he's better than everyone else.' It's the idea that he's not better than everyone. And Superman has a lot of struggles in the movie, more so than just, 'Oh, he's got super powers and he beats the crap out of those guys and it's all going to be fine because he's indestructible.' People have seen that. You still want your healthy dose of action scenes, but then you want to identify with the characters."

NED EHRBAR/MWN

On the Web

For more Hardwick, go to nerdist.com

THESE PAGES COVER MOVIE START TIMES FROM FRI., JUNE 14 TO THURS., JUNE 20 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

After Earth (PG) Fri 7:05-9:30 Sat 1:15-3:40-7:05-9:30 Sun 4:20-7:05-9:30 Mon-Thu 6:15-8:45
Epic (G) Sat-Sun 12:55
Epic 3D (G) Fri 6:45-9:15 Sat-Sun 3:25-6:45-9:15 Mon-Thu 5:35-8
Fast & Furious 6 (14A) Fri 7:25-10:25 Sat-Sun 1:05-4:15-7:25-10:25 Mon-Thu 5:55-8:50
The Hangover Part III (14A) Fri 7:55-10:35 Sat-Sun 1:40-4:05-7:55-10:35 Mon-Thu 6:20-9:05 Star & Strollers Screening Wed 1
Iron Man 3 (PG) Fri 7:15-10:10 Sat-Sun 12:50-3:45-7:15-10:10 Mon-Thu 5:40-8:40
Man of Steel (PG) No Passes Fri 10:55 No Passes Sat-Sun 1:10-10:55 No Passes Mon-Thu 5:50
Man of Steel 3D (PG) No Passes Fri 7-7:40-10:15 No Passes Sat-Sun 12:10-3:30-4:25-7-7:40-10:15 No Passes Mon-Thu 5:20-8:30-9
Mud (PG) Fri 7:45-10:40 Sat-Sun 1:30-4:35-7:45-10:40 Mon-Thu 6:05-8:55
Star & Strollers Screening Wed 1
My Little Pony: Equestria Girls (G) Sun 12:30-2:10
Star Trek Into Darkness (PG) Fri 6:55 Sat-Sun 12:45-6:55 Mon-Thu 5:25
Star Trek Into Darkness 3D (PG) Fri 9:55 Sat-Sun 4-9:55 Mon-Thu 8:20
This Is the End (18A) Fri 7:30-10 Sat-Sun 1:25-4:45-7:30-10 Mon-Thu 6-8:35

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

Epic (G) Sat-Sun 12:30
Epic 3D (G) Fri 3:55-6:45 Sat-Sun 3:30-6:45 Mon-Thu 6:50
Fast & Furious 6 (14A) Fri 4:20-7:15-10:20 Sat-Sun 1:15-4:15-7:15-10:20 Mon-Wed 7:20-10:20 Thu 6:35-10:05
The Hangover Part III (14A) Fri 4:50-8:05-10:40 Sat 12:40-3:05-5:35-8:05-10:40 Sun 12:40-3:05-10 Mon-Wed 7:35-10:05 Thu 7:35
The Internship (PG) Fri 4:35-7:25-10:15 Sat-Sun 1:45-4:35-7:25-10:15 Mon-Thu 7:30-10:15
Iron Man 3 3D (PG) Fri-Sun 9:30 Mon-Tue 9:25
Man of Steel (PG) No Passes Fri 6:50 No Passes Sat-Sun 12-6:50 No Passes Mon-Thu 6:45
Man of Steel 3D (PG) No Passes Fri 3:45-10:05 No Passes Sat-Sun 3:10-10:05 No Passes Mon-Thu 10 No Passes Fri 4:10-7:30-10:45 No Passes Sat-Sun 12:55-4:10-7:30-10:45 No Passes Mon-Thu 7:15-10:30
Monsters University 3D (G) No Passes Thu 9:20
No One Lives (18A) Wed 9:30
Now You See Me (PG) Fri 4:25-7:10-10 Sat-Sun 1:40-4:25-7:10-10 Mon-Thu 7:05-9:45
The Purge (14A) Fri 4:40-8:15-10:35 Sat 1:30-3:45-6-8:15-10:35 Sun 1:30-3:45-5:30-7:45-9:35 Mon-Thu 7:45-9:55
Spirit: Stallion of the Cimarron (G) Sat 11
Star Trek Into Darkness (PG) Sat-Sun 12:45
Star Trek Into Darkness 3D (PG) Fri 4:05-7-10:10 Sat-Sun 3:50-7-10:10 Mon-Tue 7-10:10 Wed 7:05-10:10 Thu 7-10:10
This Is the End (18A) Fri 4:55-7:55-10:30 Sat 11:15-12:10-2:45-5:20-7:55-10:30 Sun 12:10-2:45-5:20-7:55-10:30 Mon-Tue 7:50-10:25 Wed 7-9:35 Thu 7:50-10:25
World War Z 3D (STC) No Passes Thu 9:30
WWE Payback - 2013 (STC) Sun 6

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flying Monsters 3D (STC) Fri-Sun 1-3:30
Rocky Mountain Express (STC) Fri 11-2:15-4:45 Sat-Sun 2:15-4:45

Golden Mile
3806 Albert St.

42 (PG) Fri-Thu 1:20-3:50-6:40-9:10
The Company You Keep (PG) Fri-Thu 1:25-4-6:45-9:20
The Croods (G) Fri-Thu 3-4:05-6:50-9:20
Escape From Planet Earth (G) Fri-Thu 1:25-4:05
The Great Gatsby (PG) Fri-Thu 2-7:10
Identity Thief (14A) Fri-Thu 1:10-3:45-6:35-9:15
Oblivion (PG) Fri-Thu 1:15-6:30
Olympus Has Fallen (14A) Fri-Thu 3:50-9:10
Oz the Great and Powerful (PG) Fri-Thu 6:30-9:15
Pain & Gain (14A) Fri-Thu 1:10-3:45-6:35-9:05

Regina Public Library Film Theatre, 23 11 12th Ave.

Blackbird (14A) Fri 9 Sat 7 Sun 9
ChristCore (STC) Fri 7 Sat 9 Sun 7
The House I Live In (STC) Thu 9
Kon-Tiki (G) Thu 7
No Films Showing Today (STC) Mon-Tue
Wednesday Plus (STC) Wed 6:45

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The look of choice on Queen Street West in Toronto Sunday night might well be Thierry Lasry shades and drop-crotch pants as music fans gather for the block party of the year. Crossover K-Pop sensation PSY is sharing hosting duties at MuchMusic's annual MMVA bash along with VJ's Scott Willats and Lauren Toyota. Remember the Gentleman singer's style code: "dress classy to dance cheesy." Set the mood with the Red Carpet special at 8 p.m. ET and then the party airs live on MuchMusic, and on Fuse in the U.S. at 9 p.m. ET. Here's five reasons why you should tune in, or even better, turn up!

MIKE DJOC
scene@metronews.ca

5 reasons to watch this year's MMVAs

Red carpet roll up

Arriving in style is a hallmark of the MMVAs. In past years we've had Billy Talent roll up atop a Second World War era Sherman Tank on loan from an Ontario museum, Simple Plan cruise up in a pink limousine with band members rocking short white shorts and midriff-baring tees, and Katy Perry serving up cool treats in an ice cream truck. When it comes to outlandish entrances, Marianas Trench, who leads the pack this year with six nomination nods, typically takes the cake. In past years, the Vancouver pop-rockers have come to the carpet in a hot tub, human-size hamster balls and even a mobile bouncy house.

Video of the year

This is the biggie. Could it go to nominations leader Marianas Trench for Desperate Measures, where frontman Josh Ramsay channels Tom Cruise circa Risky Business and Toy Story's Woody, or perhaps Drake reliving his coming up days and hamming it up at Shoppers Drug Mart in Started from the Bottom? The other contenders in the mix are Serena Ryder for Stompa, The Weeknd for Wicked Games, and Classified for Inner Ninja.

Taking to the stage

Artists leave it all on the stage at the MMVAs — from Avril Lavigne's cheek-revealing rendition of Complicated back in 2002 (which she had fun with the following year with some intentional mooning action) to Lady Gaga's electric medley a few years back that culminated with fireworks shooting out of her bustier. This year PSY, the master of cheesy dance moves, may treat us to the wild gyrations that accompany Gentleman, his viral smash — the video has more than 400 million YouTube views — or kick it relatively old school by social media standards with Gangnam Style. Regardless, the performance slate for the MMVAs is dripping with hot artists that will keep audiences moving. The lineup includes Demi Lovato, Armin Van Buuren featuring Trevor Guthrie, Ed Sheeran and Marianas Trench.

Billy Talent

The MMVAS have been kind to these Mississauga punk rockers in the past, feting them with 29 nominations and nine wins. But they may want to clear off some shelf space on the mantle. The video for Surprise Surprise is on the ballot in a trio of categories, so they're in spitting distance of surpassing Our Lady Peace's all-time record haul of 10 wins. Who is the queen of the MMVAs? Look no further than Avril Lavigne, who'll notch her fifth MMVA performance (the most of any artist) this year.

Handling hot hardware

Taylor Swift is sticking around town after a pair of sold out shows at the Rogers Centre to hand out an award. Among the presenters joining T-Swizzle in distributing MMVAs to their worthy recipients are a bevy of faces sure to illicit teen squeals when they take the stage: Teen Wolf's alpha heartthrob Tyler Hoechlin, Revenge's Joshua Bowman, Glee's Naya Rivera, Big Bang Theory's Kunal Nayyar, Arrow's Stephen Amell (pictured) and Suits' Patrick J. Adams, to name a few.

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True Blood stardom means free food perks

Rob Kazinsky. British actor joins cast and talks about experience of shooting U.S. series

NED EHRBAR
Metro World News in Hollywood

This season on True Blood, there's a new faerie in town with Rob Kazinsky's Ben Flynn, a supernatural love interest for Sookie Stackhouse (Anna Paquin).

The British actor is aware his introduction will likely rile some of the show's relationship-obsessed fans, but he's just happy to have a job that comes with free snacks.

So, any trepidation about coming on as a new love interest for Sookie?
I am 100 per cent certain that I am going to be absolutely hated by everyone. Team Eric's going to hate me, Team Bill's going to hate me, Team Alcide — they're all going to absolutely loathe this guy just because he's not them. And I am prepared for that backlash. However I think in time people will come to realize that Ben, for the first time, offers a chance at happiness that none of those guys could ever give her. He is essentially a much more honest and a much more accessible guy than everybody else. But that certainly doesn't mean he's boring.

How does this compare to your time on the British soap opera Eastenders?
Different worlds. Vastly different worlds. I did 254 episodes of Eastenders and averaged about 85 episodes a year, shooting anywhere between 30 and 50 pages of dialogue a day. And then this, we're doing 10 episodes a year, so it's a slightly different machine. (laughs) The whole way everything goes on here in America is very, very different to how it's run in England. The biggest difference to me is always craft services. Having free food on set is just the best thing that's ever happened to anybody ever.

Is craft service really not a thing in England?
For the BBC there's no such thing as crafty or free food. At Eastenders there wasn't, anyway. So having doughnuts on set? Wonderful. Fresh fruit all the time? Having a coffee machine instead of having to pay three pounds for your coffee every time you want one? Oh my God, it's great.

This is news to me. I feel like my only exposure to British TV production was Extras, which looked more in line with American setup.
I think that was the idea so that it would be universally sellable. I mean, my experience in England is fairly limited to the soap that I did and the one other TV show I did. The way they do it [in the U.S.], when I did Brothers and Sisters, Law & Order, everything, it's a much easier place to be off-set, you know what I mean? There's much more to do when you're not working.

Rob Kazinsky GETTY IMAGES

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10 years ago, a little show called Canadian Idol was born

It was a decade ago this week that Canadian Idol debuted, and it was also something of a premiere for host Ben Mulroney.

Then only 27 and better-known to Canadians as the son of a former prime minister rather than a ubiquitous fixture of entertainment news coverage, Mulroney recalls watching the show's taped premiere at a friend's place with 10 or so others. Afterward, they hopped in a taxi and headed off to a midtown Toronto sports bar, and they were dropped off a small hike away.

"We had to walk about a block, and a car full of girls drove by and honked. And then two seconds later, a car full of guys drove by and heckled me," Mulroney recalled. "And I thought: 'OK. This is the new dynamic.'"

It wasn't only Mulroney's life that changed, of course.

Over its six-year run, Canadian Idol was fiercely criticized as a glorification of crass commercialism over artistry, as an uncreative (and un-Canadian) carbon copy of a hit international reality franchise and, eventually, as an ineffective star maker capable only of creating fleeting flashes rather than sustained heat.

While the debate has faded since the show was indefinitely "suspended" due to the chilly economic climate of 2008, those involved with its launch remember just how divisive Canadian Idol was.

"It was not a foregone conclusion it was going to be successful," recalled Mulroney.

"If you look at the jaded, cynical members of the press ... they were convinced this was not a Canadian thing to do. 'We don't do stuff like this. ... We don't celebrate the way that the Americans do.'

"And yet we proved them wrong. But we had to fight very hard against that sentiment."

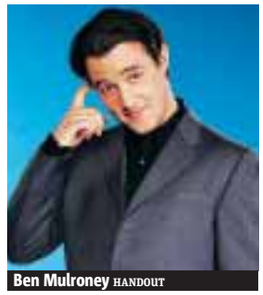
Back in spring 2003, American Idol was flying high. Following the surprise-smash initial run of episodes in 2002, the show had just wrapped its must-see second-season. The show was so hot that even Justin Guarini appeared briefly marketable, with his debut solo record days from release when Canadian Idol launched.

The Idol format had already proved popular in various iterations around the world, but given the star-making turn from acidly acerbic British judge Simon Cowell on American Idol, it was obvious early on to executive producer John Brunton and his team at Insight Productions that assembling the judges would be crucial.

They settled on a four-person panel with three of those judges in familiar roles: husky-voiced belter Sass Jordan was the sympathetic, confidence-boosting artist on the panel (like an Earthbound Paula Abdul); promoter and manager Farley Flex was the forthright if generally positive industry insider — a la Randy Jackson; and entertainment lawyer Zack Werner was the Cowell-like outspoken bad boy, armed with a poison-tipped tongue and irreverent attitude toward the proceedings.

Jake Gold, the fourth judge who was best-known for steering the career of the Tragically Hip, among others, was blissfully free of any archetype.

THE CANADIAN PRESS



Ben Mulroney HANDOUT

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Justin Bieber

No room for Bieber, Liam already put a ring on it, Cyrus says

Rumours have been circulating all week that Miley Cyrus and Justin Bieber are becoming more than just friends after they were spotted dancing and looking a "little flirtatious with one another" at a Los Angeles club last weekend, but Cyrus is eager to put such talk to rest. "I'm engaged. I'm engaged. That is impossible," Cyrus tells radio station Hot 99.5, calling in herself to clear the air. Her fiancé, Liam Hemsworth, was notably absent during her night out with Bieber.

Halle Berry. ALL IMAGES GETTY

Martinez may be French, but Berry will have a Yankee doodle boy

Halle Berry is having a boy, and she's having him in the States. At least that's what her fiancé, Olivier Martinez, let slip to People magazine. "My son will be an American, but I remain French," Martinez said during the Champs-Elysées Film Festival in Paris this week. "I remain a Frenchman in America, but I adapt to American culture. I feel good there — but I'm still a foreigner."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Banal boat duty highlights redundancy of the Royals

ALEXANDRA CAVALLO
Metro World News

Evidence that the Royals are just redundant figureheads: one super important royal duty that the Duchess of Cambridge had to take care of recently included blessing the newest ship in the Princess Cruises fleet.

The only woman capable of such a lofty task, the very pregnant Kate apparently smashed a giant champagne bottle on the cruise ship's helm in order to officially christen it "Royal Princess."

She then said "I name this ship Royal Princess. May God bless her and all who sail in her."

David Cameron must have been off on some sort of other really important business, because we find it hard to believe he would shirk a crucial political event like this of his own volition.

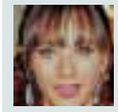
Harry Styles

Take tatt! Styles and Bieber appear to be in an ink war

One Direction's Harry Styles is giving Justin Bieber a run for his money when it comes to accumulating body art. It's tough to say which 19-year-old pop star has more body art at this point, but Styles is at least being a bit bolder with his references: The Brit showed off a pair of George Michael-inspired ankle tattoos while out in Miami this week, according to the Daily Mail. Just above each foot, Styles has the words "Never gonna dance again" inscribed, referencing a lyric from the 1984 Wham! hit Careless Whisper. Your move, Bieber.

Twitter

@billmaher
I am appalled that the government is snooping on me - this must stop! On the other hand, when someone is watching it does make it hotter.



@iamrashidjones
I ate a waffle for dinner, so what. #rebel

@ABFoundation
I want to be honored for my work as a Woman in Film....

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The steak house comes to dad this Father's Day

Dinner. Cook this twist on the Batman and Robin of manly fare — steak and potatoes

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 4 tbsp extra-virgin olive oil
- 2 medium russet potatoes, peeled and coarsely grated, preferably using the grating disk of a food processor
- Kosher salt and black pepper
- 1 medium shallot, minced
- 1 tbsp white wine vinegar
- 2 tbsp dry white wine
- 2 tsp dried tarragon
- 6 oz 1/3-less fat cream cheese (Neufchatel)
- 1 1/2 lbs flank steak, trimmed of any visible fat
- 1 1/2 lbs baby spinach leaves
- 2 cloves garlic, minced
- 2 tsp chopped fresh tarragon

1. Heat the oven to 350 F.

2. In a large nonstick skillet over medium-high, heat 1 tablespoon of the oil. Add the grated potatoes, pressing them down with a spatula, then reduce the heat to medium and cook until golden brown on the bottom, 10 to 12 minutes. Remove the skillet from the heat. Set a large dinner plate over the skillet, then invert to transfer the potatoes, browned side up, onto the plate.

3. Return the skillet to the heat and add another 1/2 tablespoon of oil. Slide the potatoes back into the skillet, browned side up. Cook until golden brown on the second side, about another 10 minutes. Season with salt and pepper, then transfer to a sheet pan and place in the oven to keep warm.

4. Meanwhile, in a small saucepan over medium-high, combine the shallot, vinegar, white wine, tarragon, a hefty pinch of salt and a few grinds of pepper. Bring to a boil, then reduce heat to simmer. Cook gently until reduced to about 1 tablespoon. Add the cream cheese, 1 tablespoon at a time, whisking each until incorporated. Whisk in 2 tablespoons water, then set aside.

5. Wipe out the skillet, add 1 tablespoon of the remaining oil and heat it over medium-high. Pat the steak dry, sprinkle it on both sides with salt and pepper, then add it to the skillet. Cook the steak to desired doneness, 4 to 5 minutes per side for medium rare, then transfer it to a platter, cover it loosely with foil and let it rest for 5 minutes.

6. While the steak is resting, add a tablespoon of the oil to the skillet and reduce the heat to medium. Add the spinach in 4 batches, adding more as each batch cooks down slightly. Add the remaining 1/2 tablespoon of oil after the first 2 batches of spinach. Cook until the spinach is just wilted, then add the garlic and salt and pepper to taste. Cook for another minute, then keep warm on low heat.

7. Remove the potato pancake from the oven and cut it into 6 wedges. Slice the steak thinly at an angle against the grain. Add the juices from the resting steak to the sauce along with the fresh tarragon, and additional water, if necessary, to reach the desired consistency. Warm the sauce over medium heat just until hot.

8. Transfer a potato wedge, a mound of spinach and some of the steak to each of 6 serving plates. Drizzle the sauce over each portion of steak and serve immediately. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Manly cookies: Chocolate Maple Bacon

Ingredients

- 1 lb maple bacon
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1 cup packed brown sugar
- 1/2 cup maple sugar, plus additional for sprinkling
- 1/2 tsp baking soda
- 1/4 tsp flake sea salt, plus additional for sprinkling
- 1/2 tsp maple extract
- 2 eggs
- 2 3/4 cups all-purpose flour
- 11.5-oz bag milk chocolate chips

1. In large skillet over medium heat, cook bacon until crispy. Transfer to paper towels. Reserve bacon grease in skillet. Once bacon has cooled, crumble into small chunks.

2. Meanwhile, heat oven to 375 F. Line 2 baking sheets with parchment paper.

3. In bowl, use electric mixer to beat butter, 1/2 cup of reserved bacon grease, brown sugar, maple sugar, baking soda, salt and maple extract until light. Add eggs one at a time, beating and scraping the bowl in between additions.

4. Mix in flour then chocolate chips and crumbled bacon. Scoop cookies onto prepared baking sheets in 1-tbsp mounds. Sprinkle tops lightly with bit of sea salt and maple sugar. Bake 12 minutes, or until golden around the edges.

This recipe makes four dozen cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. Allow to cool on the baking sheets for 10 minutes, then transfer to a cooling rack. THE ASSOCIATED PRESS

Liquid Assets

A glass of inspiration

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

One of my resolutions for 2013 was to barbecue better. I've spent too many years tossing burgers on the grill and turning back to my glass while they slowly turn into charcoal.

For inspiration, I've looked to Argentina. It's a country where grilling is more than a cooking philosophy, it's a way of life.

While beef is king at an asado, the Argentinean term for barbecue, a typical grilled menu can cover a number of courses featuring a variety of meat cuts including organs that Canadians find an acquired taste. Chitlins anyone?

Nothing washes down all that protein better than a glass of red wine, which is one of the reasons why malbec is the star of Argentina's wine industry.

The grape produces deep, dark wines with varying levels of spiciness that pair perfectly with accretive flavours (like those found in barbecue sauces) and helps massage the meat.

Bodegas Catena Zapata is one of the country's most celebrated vineyards. Its 2011 Alamos Malbec ($13.95 to $14.99) is a balanced red with ripe berry fruit and a flowing black pepper trail.

Pass the sweetbreads. PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

Modern dad Chris Pegula, sporting a DiaperDude bag, and his son Cole. AP PHOTO

Moms everywhere hail the dawn of the modern-day dad

Joint effort. The days of one-sided parenting appear to be a thing of the past as new age fathers everywhere step up to the plate

Laura Radocaj of Vero Beach, Fla., was warned when she was pregnant with twins that motherhood would be harder than she imagined — especially because she planned to go back to work while the twins were still babies. "But this has been the easiest transition," said Radocaj, 28, who works from home in corporate communications. So what's her secret?

Her husband, Marco, also 28, puts in just as much time with child care and housework as she does, even though he works full-time for an air-conditioning company. "If your partner is splitting things 50-50, it's easy," said Laura. "Before, when everyone made motherhood seem like such a big deal, men weren't chipping in as much."

Something is changing with today's young fathers. By their own accounts, by their wives' testimonies, and according to time-use studies and other statistics, more men are doing more around the house, from packing school lunches and doing laundry to getting up in the middle of the night with a screaming infant.

"If it's not my job, then it's her job, and that wouldn't be fair," said Marco.

But it's not just about sharing chores. For dads in their 20s and 30s, being an involved father is part of their identity. They blog about changing diapers, they chat nonchalantly with colleagues about breast-feeding, and they trade recipes for baby food while working out with guys at the gym.

For their part, the new dads say they want things divided equally. Fatherhood, says Jeremy Foster, 37, of Kansas City, Mo., has gone from a "provide, protect scenario, to a team effort, especially nowadays with couples raising children where both work full time."

Light bulb moment

"They (the baby bags) were so feminine, there was no way in hell I was going to carry one of them."

Founder of DiaperDude bags Chris Pegula
On what first got him thinking about making baby bags for fathers.

Foster and his wife also have his-and-her diaper bags — hers with a floral pattern, his a grey-and-orange messenger bag from DiaperDude.com. The company was founded 10 years ago by Chris Pegula of Santa Monica, Calif., a father of three who was put off by his wife's taste in diaper bags.

"They (the baby bags) were so feminine, there was no way in hell I was going to carry one of them," said Pegula, now 41. "They had colourful stripes and flowers and leopard prints. They were basically purses. I went to look for a bag for myself but there wasn't anything on the market in a dad category." Diaper Dude now sells dozens of styles designed to appeal to men, from camouflage prints to bags with baseball team logos.

Part of why dads are doing more around the house may be that women are doing more in the workplace. A study from the Pew Research Center this month found that mothers are the breadwinners in a record 40 per cent of families.

At the same time, the number of stay-at-home dads is twice what it was 10 years ago — though still a relatively small number at 176,000. And in two-thirds of married couples with children under 18, both parents work, according to the U.S. Census.

THE ASSOCIATED PRESS

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CYNOCLUB/VEER

POLISHED AND PRETTY

Brushing your pooch makes it look polished and pretty. But it has many more benefits.

It keeps your dog's coat free of tangles, matts and debris and removes old and shedding hair. It also gives you the opportunity to do a little doggie bonding and helps you learn about your dog's body — you can look and feel for lumps, cuts or scabs, as well as fleas and ticks. Note that this summer, the word is that ticks are out in full force, so be on the lookout.

Make brushing a positive experience for you and your dog by doing it regularly. The dog will get used to it, you will get good at it and there won't be an opportunity for tangles and matts to get out of control and make the process uncomfortable and lengthy.

"Start with a part down the backbone, so you know you're getting all the layers of hair," says Amy Graham, a PetSmart groomer and salon manager in Stoney Creek, Ont. Systematically, move from section to section to ensure you are getting all areas.

"Keep an eye on the dog's skin — if it appears red, he may be getting a brush burn."

Remember to brush gently, confining your brushing to the hair and not the skin as much as possible, especially in sensitive areas.

If you are using a deshedding tool on a shedding breed, "simply run the tool over the dog's coat to remove excess hair."

If the job gets too difficult for you to handle easily it may be time to take your dog for professional grooming.

STOCKLITE/VEER

THE RIGHT TOOLS FOR A HEALTHY COAT

- For double-coated breeds with thick undercoats like collies or collies or chow chows, choose a deshedding tool like a Furminator.
- For long-coated dogs without undercoats, such as poodles, use a slicker brush with short, pin-like bristles and a comb to check for knots and tangles.
- Short-haired dogs like boxers or bulldogs can be brushed with a rubber brush, or use a Furminator if you are trying to help reduce shedding."
- Also have some detangling spray on hand to help with tangles.

MANAGE YOUR DOG'S SHEDDING

In summer, shedding is nature's way of ridding a dog's body of the old, excess hair they grew during winter to insulate their bodies. Shedding also eliminates hair that might be damaged. Pet owners know that cleaning up a dog's shedding hair comes with the territory. Even hypoallergenic dogs like poodles shed a little. But there are ways to reduce shedding and remove hair effectively.

GIVE YOUR PET A BRUSH

Brushing your dog on a regular basis is one of the best ways to reduce hair in your home.

"While all breeds need to be brushed, it's especially important in summer for long-haired breeds with undercoats like golden retrievers, malamutes and huskies to help reduce shedding and cool the dog in summer," says Amy Graham, a groomer and salon manager with PetSmart in Stoney Creek, Ont.

Depending on the breed of your dog, brush at least three times a week — dogs with lots of excess hair will benefit from daily brushing.

BATHE YOUR DOG

This is easier for short-haired breeds without thick undercoats like pugs or labs.

"If your dog is matted or has a thick undercoat, bathing may only make the matting worse or make it difficult to rinse out the shampoo, which is bad for the skin," Graham says. "Leave the tough jobs like these to a groomer."

GET YOUR DOG GROOMED

"Groomers have professional-strength blow dryers and tools to make the job more efficient," Graham says. "A groomer's blow dryer is so strong that it loosens the undercoat, and the groomer can brush during the drying process, something that can't be done easily at home."

Long-coated dogs should go to the groomer every four to six weeks; short-coated dogs every six to eight weeks.

FEED YOUR DOG THE RIGHT DIET

What a dog eats will be reflected in the condition of the animal's coat, so good-quality food aligned to the dog's health needs is essential.

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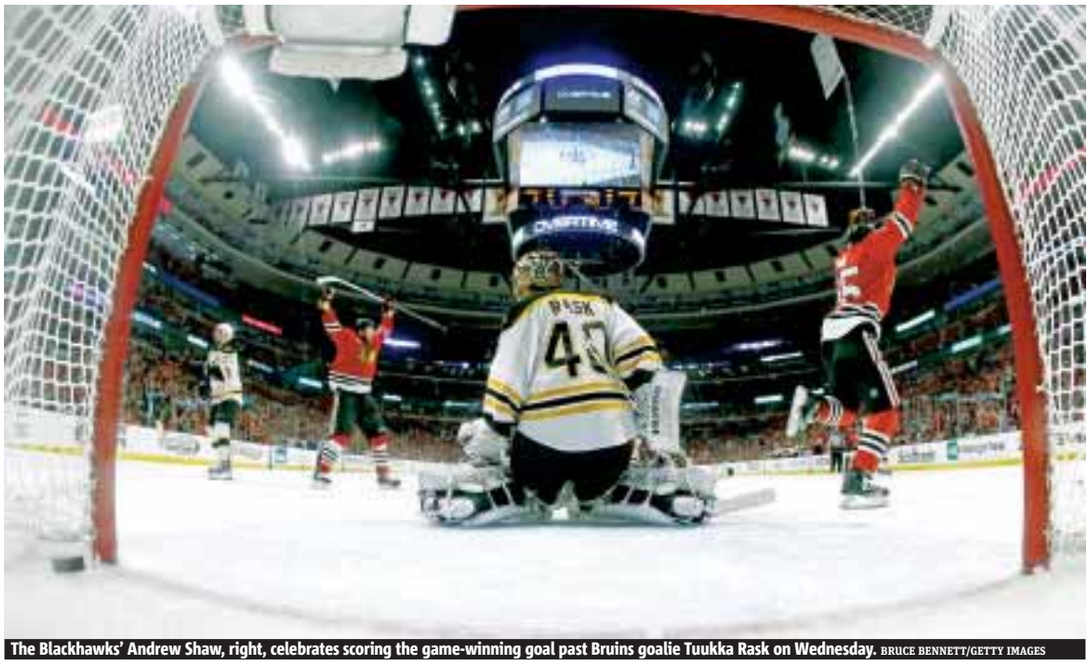


The Blackhawks' Andrew Shaw, right, celebrates scoring the game-winning goal past Bruins goalie Tuukka Rask on Wednesday. BRUCE BENNETT/GETTY IMAGES

Bruins not fazed by 3OT loss in Game 1

Stanley Cup final. Boston and its veterans drawing from experience gained in 2011 playoff run

Boston coach Claude Julien isn't worried because the Bruins have been here before.

Even after a triple-overtime loss to Chicago in Game 1 of the Stanley Cup final that would demoralize the most veteran of groups, the Bruins are calm and confident.

"We've been through a lot," Julien said. "You can chalk that down to experience of having been through a lot, the ups and downs. So we don't get rattled anymore. We know what we can do."

Julien recalled trailing the Vancouver Canucks 2-1 in the 2011 final before coming back to win in seven. He also pointed out that the Bruins lost the first two games to the Montreal Canadiens at home in the first round two years ago.

"I think you've had experience in the past when we've been down two games and bounced back," centre Chris Kelly said. "Being here before and knowing what to expect is definitely beneficial."

So climbing out of a hole is nothing new for Boston, which still has most of its team intact but might have to play Game 2 on Saturday without right-winger Nathan Horton, who left Wednesday night with an apparent upper-body injury.

With or without Horton, the Bruins have plenty of leaders who know the drill.

"Vancouver it was everybody's kind (of) first time around, right?" defenceman Andrew Ference said. "So you lose those couple games (it's) maybe a heavier feeling than it is this morning amongst the group because guys are probably a little bit better at turning the page." THE CANADIAN PRESS

Anyone's game

"We could be sitting here today up 1-0 as much as we are down 1-0."

Bruins coach Claude Julien brushed off Game 1's winning goal as a "hockey play."

The survey says

Canadians back NHL's visor rule, poll finds

A new poll suggests a majority of Canadians support the NHL's decision to make visors mandatory for incoming players.

Four out of five people surveyed in a Canadian Press Harris-Decima poll said they agreed with the new proposal.

Some 52 per cent strongly agreed with the new rule, which still needs to be approved by the NHL board of governors, while 28 per cent somewhat agreed.

Only eight per cent disagreed with the change. THE CANADIAN PRESS

NHL

Stars prospect Winkler dead at 23

Dallas Stars prospect Scott Winkler has died in his home country of Norway after recently completing his senior season at Colorado College. He was 23.

School officials said in a news release that Winkler died unexpectedly Wednesday at his parents' home. The native of Asker, Norway, was a third-round pick by the Stars in 2008.

And the Edmonton Oilers say they have been unable to confirm reports that one of the team's prospects is missing and has possibly drowned. The Oilers put out a statement Thursday saying they were aware of reports Kristians Pelss was unaccounted for in his home country, Latvia, but were unable to confirm conflicting information in that country's media. THE CANADIAN PRESS

Pens GM staying the course with core group

The Penguins have agreed to terms with Evgeni Malkin on an eight-year, $76-million contract extension. THE ASSOCIATED PRESS FILE

The Pittsburgh Penguins could have blown it all up.

Swept out of the Stanley Cup playoffs in the Eastern Conference final by the Boston Bruins, speculation swirled about the futures of coach Dan Bylsma, superstar Evgeni Malkin and goaltender Marc-Andre Fleury.

Amid calls for action, general manager Ray Shero got busy after the Penguins were ousted. But his moves have been the opposite of a complete overhaul.

"It's easy to change," Shero said Wednesday in Pittsburgh.

Shero extended Bylsma and his assistants' contracts two years through the 2015-16 season, gave Fleury a vote of confidence as the team's franchise goaltender and then Thursday agreed to terms with Malkin on an eight-year, $76-million contract extension that could keep him with the Penguins for the balance of his NHL career. It was the equivalent of doubling-down on what has worked so well for years, even though it didn't end well in the playoffs.

"I think Ray believes in the core group that he has, and he believes he can win with them," Malkin's agent, J.P. Barry, said in a phone interview. "They made the final four this year, again, and they had a bad round, for sure. But I think he believes in this core and he wants to stay the course and believes his team can win. That's ultimately what his assessment was." THE CANADIAN PRESS

Turban ban now costing kids games

Soccer. Quebec tournament loses 20 out-of-province teams due to sanctions

The shunning of Quebec soccer has begun.

Hundreds of Ontarians won't be going to Montreal for a soccer tournament this weekend, amid a political dispute between the Quebec and national soccer bodies over turbans.

The Montreal host association confirmed Thursday that 20 Ontario youth teams are not being allowed to come to play.

An official with the Lac St-Louis Regional Soccer Association said about 170 teams, mostly from Montreal area, were invited to take part in the weekend tournament.

Director-general Edouard St-Lo says Ontario teams are not being allowed to take part because they can't get travel permits from the Ontario Soccer Association.

"Why they revoked their permit? I can't tell you," St-Lo said when reached by telephone.

This week, the Canadian Soccer Association suspended the Quebec Soccer Federation over its turban ban.

The suspension includes prohibiting Quebec teams from participating in — or hosting — interprovincial matches and national competitions.

The dispute has drawn in numerous politicians and placed different value systems on a collision course.

The current Parti Quebecois government, critics of laissez-faire multiculturalism, are defending the right to banish certain displays of religious faith from the public space in the name of secularism.

The PQ has placed its support behind the QSF. And in an echo of the intergovernmental disputes that frequently typify Canadian federalism, Premier Pauline Marois has argued that the national association has no right to tell the provincial one what to do.

But the national body argues that it is indeed the authority and its decisions are binding on provincial associations.

Even the Quebec federation's bylaws debunk the premier's claim. THE CANADIAN PRESS

Rule enforcement

"You may go to any field and not see any kid with a turban and then you might get a game where there are two or three... So far we've been able to get along, regardless of the ruling, and we haven't had any issues."

Fern da Silva, president of the Pierrefonds Soccer Association. Da Silva said in an interview that he doesn't agree with the ban on turbans and the association suggests it will do its best to ignore the Quebec federation's order.

Sandman hangs 10 in Oakland

Mariano Rivera of the New York Yankees is presented with a surfboard, a bottle of wine and a cheque for his foundation by Athletics team president Michael Crowley before his final regular-season game against Oakland on Thursday. ERZA SHAW/GETTY IMAGES

MLB

Zimmerman does damage to depleted Rockies

Ryan Zimmerman homered, doubled and drove in three runs, Ian Desmond got four hits and the Washington Nationals beat the depleted Colorado Rockies 5-4 on Thursday.

The Rockies lost four players and a coach, as well as the rubber match of the three-game series.

Outfielders Carlos Gonzalez and Dexter Fowler were injured early and shortstop Troy Tulowitzki left for an undisclosed reason in the eighth. Reliever Wilton Lopez and pitching coach Jim Wright were ejected in the seventh.

THE ASSOCIATED PRESS

Nationals third baseman Ryan Zimmerman GETTY IMAGES

NBA

Kidd in play as Nets' new coach

Meet the new guy, Jason Kidd.

Less than two weeks after ending his long, all-star career, Jason Kidd acknowledged he has "a lot to learn about coaching" Thursday as he took the Brooklyn Nets job despite having no experience leading a team from the bench.

Now a point guard who was all about assists in his 19 years on the court will be looking for a little help.

"Nervous," the 40-year-old Kidd said when asked how he felt. "I'm a rookie. I go from being one of the oldest players in the league to now a rookie coach. I'm very excited about this challenge. We have a special opportunity to achieve a championship-calibre team."

Kidd retired earlier this month after one season with the New York Knicks, and the Nets decided to hire him to replace P.J. Carlesimo — a move that comes with some obvious risks since Kidd has never been a head coach.

THE ASSOCIATED PRESS

MMA. Evans knows his enemy ahead of UFC 161

Rashad Evans says it will be a little crazy looking across the cage Saturday at Dan Henderson, a veteran fighter he has followed for years.

"I have a tremendous amount of respect for Dan and it's going to be fun because I've watched his style for a long time," Evans said Thursday.

"I kind of modelled my style after his a little bit."

Evans, with an MMA record of 22-3-1 and a UFC record of 12-3-1, is still predicting a win when the light heavyweights meet at UFC 161.

He's coming off losses to Jon Jones and Rogerio Noguiera, who was to be in one of the cancelled fights Saturday that bumped Evans-Henderson into the main-event slot.

"Speed I think is going to be the biggest factor in this fight," he added.

Both are former champions who would like to get another title shot, although neither was begging for one Thursday.

"Eventually, I beat enough people, I do it impressively enough, they're going to want to give me a title shot," said Evans.

Henderson, 42 to Evans' 33, is looking to improve on his MMA record of 29-9. He has a UFC record of 6-3 that dates all the way back to UFC 17 in 1998 and lost his last fight in a split decision to Lyoto Machida in February.

Rashad Evans GETTY IMAGES

He knows what to expect from Evans.

"I think it's going to be a war. He's quick and dangerous on his feet and a good wrestler," said Henderson.

Henderson has a reputation as a great puncher, but Evans says he can hold his own.

"I believe I have a heavier punch but Dan Henderson, his punch is legendary. He's silenced a lot of people with the H bomb." THE CANADIAN PRESS

NHL PLAYOFFS

STANLEY CUP FINAL

(BEST-OF-7; All Times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Chicago leads series 1-0)
Wednesday's result
Chicago 4 Boston 3 (3OT)
Saturday's game
Boston at Chicago, 8 p.m.
Monday's game
Chicago at Boston, 8 p.m.
Wednesday, June 19
Chicago at Boston, 8 p.m.

HAWKS 4, BRUINS 3 (3OT)

First Period
1. Boston, Lucic 4 (Horton, Krejci) 13:11
Penalties — None.
Second Period
2. Boston, Lucic 5 (Krejci) :51
3. Chicago, Saad 1 (Hossa) 3:08
Penalties — Horton Bos (interference) 7:37, Bench Bos (too many men") 8:20, Chara Bos (high-sticking) 12:53.
Third Period
4. Boston, Bergeron 6 (Seguin, Lucic) 6:09 (pp)
5. Chicago, Bolland 1 (Shaw) 8:00
6. Chicago, Oduya 3 (Kruger, Frolik) 12:14
Penalties — Frolik Chi (tripping) 5:51.
Overtime
No Scoring
Penalties — Bench Chi (too many men) 12:08.
Overtime — No Scoring
Penalties — Bench Chi (too many men") 19:07.
Overtime
7. Chicago, Shaw 5 (Bolland, Rozsival) 12:08
Penalties — None.
Shots

Boston	11	6	8	12	10—54
Chicago	8	16	15	8	10—63

Goal — Boston: Rask (L, 12-5). Chicago: Crawford (W, 13-5).
Power plays (goal-chances) — Boston: 1-3. Chicago: 0-3.
Att. — 22,110 (United Center).

NBA PLAYOFFS

FINALS

(BEST-OF-7; All Times Eastern)

MIAMI (1) VS SAN ANTONIO (2)

(San Antonio leads 2-1)
Thursday's result
Miami at San Antonio
Tuesday's result
San Antonio 113 Miami 77
Sunday's game
Miami at San Antonio, 8 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	41	26	.612	—
New York	37	28	.569	3
Baltimore	37	29	.561	3½
Tampa Bay	35	30	.538	5
Toronto	28	36	.438	11½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	36	28	.563	—
Cleveland	32	33	.492	4½
Kansas City	30	33	.476	5½
Minnesota	29	33	.468	6
Chicago	28	35	.444	7½

WEST DIVISION

	W	L	Pct	GB
Oakland	40	27	.597	—
Texas	38	27	.585	1
Seattle	29	38	.433	11
Los Angeles	28	38	.424	11½
Houston	23	44	.343	17

Thursday's results
N.Y. Yankees at Oakland
Boston at Baltimore
Kansas City at Tampa Bay
Toronto at Texas
Philadelphia at Minnesota
Wednesday's results
L.A. Angels 9 Baltimore 5
Kansas City 3 Detroit 2 (10)
Boston 2 Tampa Bay 1
Cleveland 5 Texas 2
Minnesota 4 Philadelphia 3
Toronto at Chicago White Sox, postponed
Oakland 5 N.Y. Yankees 2
Houston 6 Seattle 1
Friday's games
All times Eastern
Washington (Gonzalez 3-3) at Cleveland (Masterson 8-5), 7:05 p.m.
Boston (Dempster 4-6) at Baltimore (Tillman 6-2), 7:05 p.m.
Kansas City (Mendoza 1-3) at Tampa Bay (Moore 8-2), 7:10 p.m.
Toronto (Buehrle 2-4) at Texas (Grimm 5-4), 8:05 p.m.
Chicago White Sox (Sale 5-4) at Houston (Bedard 1-3), 8:10 p.m.
Detroit (Porcello 3-3) at Minnesota (Diamond 4-5), 8:10 p.m.
N.Y. Yankees (Pettitte 5-3) at L.A. Angels (Wilson 4-5), 10:05 p.m.
Seattle (Saunders 4-6) at Oakland (Milone 6-5), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	39	27	.591	—
Washington	33	32	.508	5½
Philadelphia	31	35	.470	8
New York	24	37	.393	12½
Miami	19	46	.292	19½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	43	23	.652	—
Pittsburgh	39	26	.600	3½
Cincinnati	40	27	.597	3½
Milwaukee	27	38	.415	15½
Chicago	26	38	.406	16

WEST DIVISION

	W	L	Pct	GB
Arizona	37	29	.561	—
Colorado	35	32	.522	2½
San Francisco	33	31	.516	3
San Diego	32	34	.485	5
Los Angeles	28	37	.431	8½

Thursday's results
St. Louis 2 N.Y. Mets 1
Chicago Cubs 6 Cincinnati 5 (14)
Washington 5 Colorado 4
San Francisco at Pittsburgh
Wednesday's results
Cincinnati 2 Chicago Cubs 1
San Diego 5 Atlanta 3
Pittsburgh 12 San Francisco 8
N.Y. Mets 5 St. Louis 1
Milwaukee 10 Miami 1
Washington 5 Colorado 1
Arizona 8 L.A. Dodgers 6 (12)
Friday's games
All times Eastern
L.A. Dodgers (Fife 1-1) at Pittsburgh (Locke 5-1), 7:05 p.m.
Chicago Cubs (Jackson 2-8) at N.Y. Mets (Marcum 0-7), 7:10 p.m.
St. Louis (Westbrook 2-1) at Miami (Fernandez 3-3), 7:10 p.m.
Milwaukee (Lohse 2-6) at Cincinnati (Arroyo 6-5), 7:10 p.m.
San Francisco (Bumgarner 5-4) at Atlanta (Medlen 3-6), 7:30 p.m.
Philadelphia (Kendrick 6-4) at Colorado (Nicasio 4-2), 8:40 p.m.
Arizona (Cahill 3-7) at San Diego (Stults 5-5), 10:10 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Good things are sure to come your way today but exactly what kind of good things remains to be seen. You may well benefit from something you hear, maybe when you should not have been listening.

♉ Taurus
April 21 - May 21
Anyone who tries to make you feel you have done something wrong is not a friend and best avoided. Your mood is positive, so it's unlikely you will be too fazed.

♊ Gemini
May 22 - June 21
You will sail through what has to be done today. You will find ways to overcome obstacles placed in your path. Gemini is one of the more adaptable signs of the zodiac, and that works in your favour.

♋ Cancer
June 22 - July 23
You have much to think about today and you need to make sure you are not interrupted by people whose problems are, to your mind at least, rather trivial. Find a quiet corner where you can think in peace.

♌ Leo
July 24 - Aug. 23
What appeared so difficult yesterday will suddenly be the easiest thing. Chances are it wasn't actually that difficult at all. You were just in an unnecessarily negative frame of mind.

♍ Virgo
Aug. 24 - Sept. 23
Stop worrying what others might think and do what you feel is right. Sometimes you can be a bit too analytical for your own good, so switch and let your heart guide you.

♎ Libra
Sept. 24 - Oct. 23
You may have to tell someone that you cannot deliver on what you promised. Chances are they won't mind in the slightest. It seems like they didn't want you to do it.

♏ Scorpio
Oct. 24 - Nov. 22
The solution to a problem is simplicity but you are unlikely to see it if you are so convinced there has been an injustice. Calm down, it's really not that important.

♐ Sagittarius
Nov. 23 - Dec. 21
Stop panicking and trust your instincts. If you listen to the small voice inside your head you will find a way out of your dilemma. It's amazing what a bit of perspective can do.

♑ Capricorn
Dec. 22 - Jan. 20
People you work with may do things you don't approve of today but in the greater scheme of things it's no big deal. By all means laugh when they discover they've made fools of themselves.

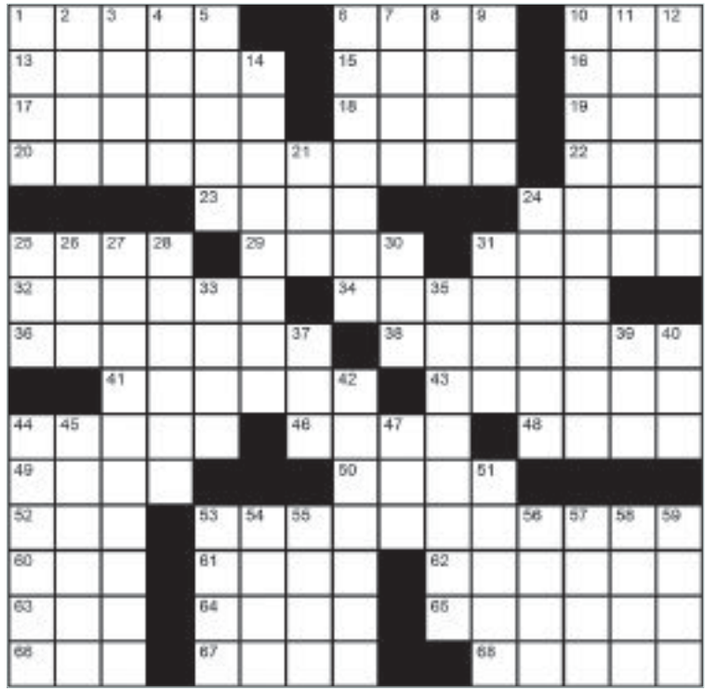
♒ Aquarius
Jan. 21 - Feb. 19
With both Mars and Jupiter moving through the most dynamic area of your chart, you are full of confidence and eager to show what you can do. So, what can you do? Absolutely anything you like.

♓ Pisces
Feb. 20 - March 20
What happens today will encourage you to believe that the good days are on their way back but that is not an invitation to do something stupid. Keep your goal in mind at all times, and keep moving towards it. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

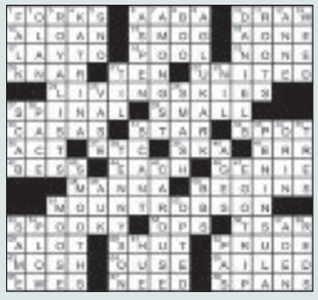
BY KELLY ANN BUCHANAN



Across
1. "Man of __" (2013)
6. Up to it
10. __ alai
13. Column
15. Rosary piece
16. Bear: Spanish
17. "I think that's _ __ too light." (Paint chooser's comment, perhaps)
18. __-Flush
19. Halt
20. Newspaper for Metropolis: 2 wds.
22. Kind of whale
23. Flower pot stuff
24. "Star Trek II: The Wrath of __" (1982)
25. Last letters
29. Rivers: Spanish
31. Finger holes instrument
32. Morning meal
34. Some trees
36. Slanders
38. Superman's home planet
41. Toughens
43. Restaurant
44. Slopes or tilted positions
46. Fashion designer Mr. Jacobs
48. "...there __ __ square."
49. Mr. Onassis, et al.
50. "I'm tired!"
52. Dalmatian's doc
53. The English, in Quebec
60. "Take __, _ insist."
61. Salami shop
62. Capital of Albania
63. Toilet, British-style
64. Full moon, some say
65. Position
66. Mr. Chaney Jr.
67. Tune
68. Someone __ (Not mine)

Down
1. WWI fighter plane
2. "'__ _ lovely play." ...said the Shakespeare fan
3. School grades K-12, for short
4. Airline of Israel: 2 wds.
5. PEI's provincial flower, __ Slipper
6. Biblical son of King David
7. Lima __
8. Lois __ (Character in #1-Across)
9. Change
10. Superman creators, Jerry Siegel ...and this Toronto-born cartoonist: 2 wds.
11. Equally spic-and-span: 2 wds.
12. Medicine cabinet stuff for wounds
14. Clark Kent's job
21. Gladiator's 52
24. Compulsive thief, in slang
25. General __ (Villain in #1-Across)
26. Scot's uncle
27. Canadian game show Jim Perry hosted
28. Inclines
30. Cinch__ (Hefty garbage bag)
31. "Go ___ _ kite!"
33. Australian birds
35. Rules of conduct
37. Academic year div.
39. Ball shape
40. 'The Science Guy', Bill __
42. Young tree
44. Henry __, star of #1-Across
45. Retort to "Am not!": 2 wds.
47. Greek†alphabet letter
51. Editor-in-Chief of #20-Across, Perry __
53. Big fusses
54. Captain __ (Character created by writer Jules Verne)
55. Oakville, ON: __ Abbey Golf Club
56. __-B (Toothbrush brand)
57. Grannies
58. 'Exist' suffix
59. Convenient mailing encls.

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

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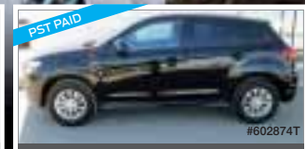
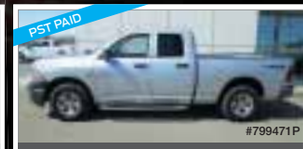
SYNC, HEATED SEATS, **MYFORD TOUCH DISPLAY**, POWER DR SEAT, 17" ALLOYS, **6 SPD AUTO**

2012 FORD FOCUS TITANIUM
$12,689* / $93*


PST PAID
#602874T

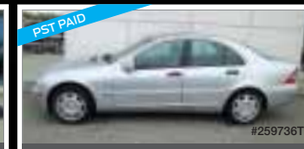
AWD, **AUTO W/ SPORT SHIFT**, PWR EQUIP, ALLOY WHEELS, FOG LAMPS, **UNDER 18,000KMS**, LOCAL TRADE

2012 MITSUBISHI RVR SE
$24,889* / $157*


PST PAID
#799471P

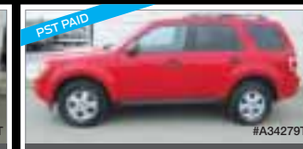
CREW CAB, **HEMI**, PWR EQUIPMENT, BOX LINER, **20" ALLOYS**, LOCAL TRADE, **UNDER 53,000KMS**

2009 DODGE RAM 1500 SLT
$22,998* / $183*


PST PAID
#259736T

V6, AUTO, **HTD LEATHER SEATS**, MOONROOF, WINTER TIRE PKG, UNDER 53,000KMS, **ONE OF A KIND**, LOCAL TRADE

2002 MERCEDES BENZ C240 SEDAN
$12,995*


PST PAID
#A34279T

HTD LEATHER SEATS, 2.5L 4CYL, POWER SEAT, 16" ALLOYS, **UNDER 70,000KMS**, LOCAL TRADE

2009 FORD ESCAPE XLT
$18,997* / $149*

#368679P

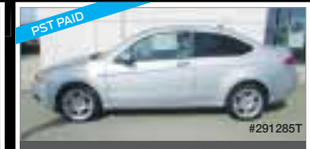
3.5L V6, **SPORT SHIFT AUTO**, **UPGRADED SUSPENSION**, WHEELS AND BODY, **SYNC**, AMBIENT LIGHTING, **LOW KMS**, BUYBACK

2012 FORD FUSION SPORT AWD
$23,989* / $158*

#A57898RP

SYNC, **MYFORD TOUCH**, 17" ALLOYS, PWR SEAT, DUAL CLIMATE, **UNDER 18,000KMS**, 1 OWNER

2011 FORD EDGE SEL
$24,555* / $179*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#291285T

AUTO, 2.0L 4 CYL, **UNDER 36,000KMS**, **SUMMER & WINTER TIRE PKG**, LOCAL TRADE

2008 FORD FOCUS COUPE
$11,875* / $109*

#001129P

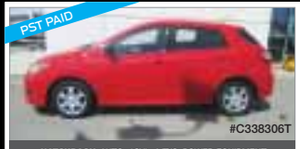
AWD, AUTO, 3.7L V6, HTD LEATHER SEATS, **PREMIUM SOUND**, AUTO TEMP CNTL, **MOONROOF**, LOW KMS

2007 ACURA MDX
$24,885* / $243*

#500071P

V6, AUTO, A/T/C, **STOW & GO SEATS**, ALLOY WHEELS, **UNDER 38,000KMS**, BUYBACK

2013 DODGE GRAND CARAVAN
$22,689* / $149*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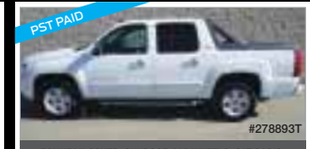
HATCHBACK, AUTO, 4CYL, A/T/C, POWER EQUIPMENT, **UNDER 57,000KMS**, LOCAL TRADE

2010 TOYOTA MATRIX
$16,355* / $129*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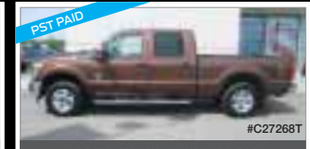
#278893T

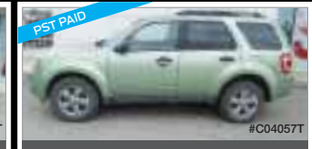
TONNEAU COVER, SUNROOF, **20" WHEELS**, SAT RADIO, CLOTH, 5.3L V8, **LOW KMS**, LOCAL TRADE

2007 CHEVROLET AVALANCHE LT
$19,889* / $159*


PST PAID
#C27268T

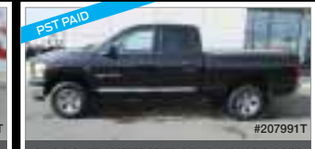
6.7L DIESEL, CREW CAB ,4X4, **18" ALLOYS**, SYNC, REVERSE SENSING, **XTR PACKAGE**, LOCAL TRADE

2011 FORD F-250 XLT
$36,998* / $259*


PST PAID
#C04057T

HTD LEATHER SEATS, 3.0L V6, **SUNROOF**, ALLOY WHEELS, REVERSE SENSING, **LOW KMS**, LOCAL TRADE

2008 FORD ESCAPE LIMITED
$9,995* / $79*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#207991T

QUAD CAB, **HTD LEATHER SEATS**, 5.7L V8, 18" **ALLOYS**, 6 DISC CHANGER, POWER SEAT, **UNDER 109,000KMS**, LOCAL TRADE

2007 DODGE RAM 1500 SLT
$19,775* / $183*

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